

B/S
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Claims: I claim:

Claims 1-23 (cancelled)

Claims 24-36 (previously amended)

24. An orally administered nutritional supplement for ingestion by mammals containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent.
25. The nutritional supplement according to claim 24, wherein said mixture comprises 1-15 grams of guar, 1-15 grams of oat, and 0.5-10 grams of psyllium.
26. The nutritional supplement according to claim 24 further including at least one ingredient admixed to said supplement to create an edible food product selected from the group consisting of liquids, semisolids, and solids.
27. The nutritional supplement according to claim 24 further including at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.
28. The nutritional supplement according to claim 24, in which at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids is admixed in sufficient quantity to create at least an 8

ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

29. The nutritional supplement according to claim 24, further including at least one ingredient admixed to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones.
30. The nutritional supplement according to claim 24, wherein said flavoring agent is selected from the group consisting of sweeteners and substances that provide flavor.
31. The nutritional supplement according to claim 24, further including at least one ingredient that enhances visual and organoleptic appeal selected from the group consisting of coloring agents, preservatives, thickening agents, thinning agents, and emulsifiers.
32. The nutritional supplement according to claim 24, further including at least one antioxidant.
33. The nutritional supplement according to claim 24, further including at least one tea selected from the group consisting of tea leaves, tea flavonoids, tea catechins, and tea polyphenols.
34. The nutritional supplement according to claim 24, further including at least one ingredient selected

from the group consisting of vitamins, minerals, coenzymes, electrolytes, plant derived compounds and synthetic orally absorbable nontoxic compounds.

35. The nutritional supplement according to claim 24, further including at least one caloric ingredient selected from the group consisting of carbohydrates, fats, and proteins.
36. The nutritional supplement according to claim 24 further including locust bean gum, pectin, green tea, multianthocyanidins, folic acid, pyridoxine, at least one sweetener, and at least one flavoring agent.

Claim 37 (currently amended)

37. A method of improving the health of a mammal comprising orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent to a mammal at least one time daily whereby consumption results in at least one health benefit including increasing fiber intake, promoting weight loss, enhancing nutrition, reducing the risk of developing and aiding in the treatment of diet-related diseases including overweight, obesity, insulin resistance, glucose intolerance, diabetes, hypertension, osteoporosis, sleep apnea, constipation, diverticulosis, hemorrhoids, irritable bowel syndrome, and diet-related cancers, aiding in the prevention and treatment of cardiovascular disease, metabolic syndrome, reducing the

~~risk of developing and aiding in the treatment of cardiovascular diseases, improving serum abnormal serum cholesterol, lipids, lipoproteins, lipids, and triglycerides. and homocysteine, reducing cardiovascular inflammation and serum high sensitivity C-reactive protein levels, and assisting in limiting absorption of ingested toxins, carcinogens, and heavy metals, and speeding their transit out of the body.~~

Claims 38-41 (previously amended)

38. The method according to claim 37, in which at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids is admixed to said nutritional supplement of claim 37 in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

39. The method according to claim 37, further comprising:

(a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie

containing liquids to further hydrate the consumed fiber.

40. The method according to claim 37, further including admixing at least one edible fiber selected from the group consisting of soluble, partially soluble, and insoluble fibers.

41. The method according to claim 37, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

Claims 42-64 (withdrawn)